



lamplighter

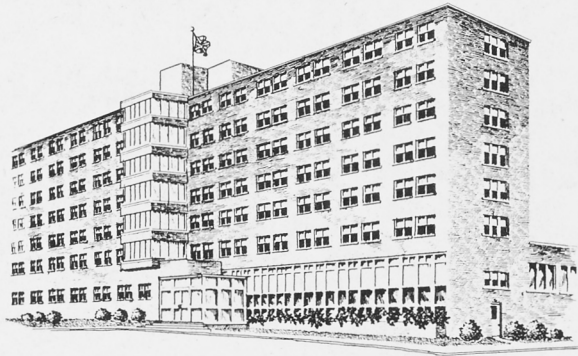
1960





HOLY CROSS HOSPITAL SCHOOL OF NURSING

1907 - 1960



PRESENTED BY THE
CLASS OF 1960

DEDICATION

WE THE STUDENTS OF
THE HOLY CROSS SCHOOL
OF NURSING RESPECTIVELY
DEDICATE THIS EDITION
OF OUR YEARBOOK TO
OUR HOUSEMOTHERS.

INTRODUCTION

A PRAYER FOR NURSES

Dear Lord, I begin my day of duty with the hope that I shall serve thee faithfully. I have consecrated myself to the service of thy sick and suffering. I have pledged my loyalty and devotion to the noble principles of my calling. Each task I offer with sincere hope that it is prompted by my love for thee. I shall not shirk any duty however unpleasant. When I cool the fevered brow, moisten parched lips or comfort the aching body I shall remember that I bring comfort to thee. Help me to find in every patient another soul created by thy infinite love. I pray that my calling may always find me a real lady, kind, courteous and considerate of those who face the trials of sickness. Besides, I shall find hope in the thought that the more perfect my service, the more genuine my sacrifice, the more I shall be like to another lady - the lady you honored in such a striking way as to call her, Mother.





EDITORIAL

Within the covers of this book we have tried to unfold the story of the lives of sixty-seven happy girls. The story itself is made up of much laughter, a few tears and many warm and happy memories. Memories that will endure for a lifetime.

It is therefore the fondest hope of the editorial staff of "The Lamplighter" that, as you leaf through the pages of this

book, each page will bring back memories of happy days, sad days and beautiful moments.

May it help us to remember the help and encouragement given us by many people - The Sisters, Doctors and Graduates - each of whom helped us to reach our ultimate goal - from humble "probie" to Coveted "R. N."

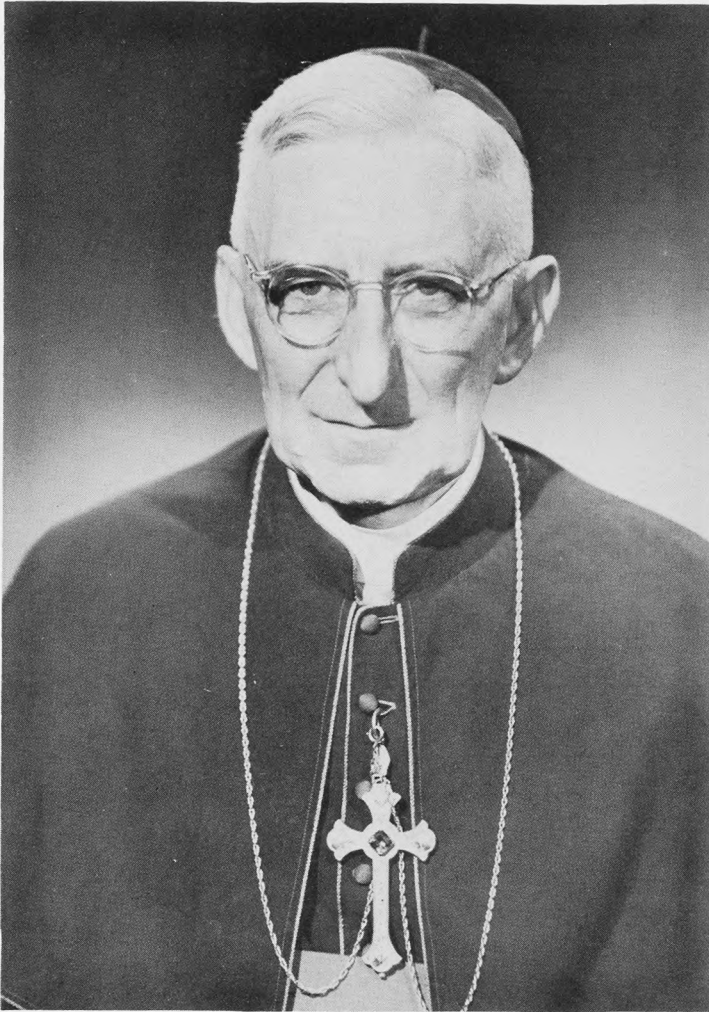
May it also remind us of the high ideals which the philosophy of our school is based: and in turn help us to face our future profession courageously at all times.

To the undergraduates we say this: Continue on with the same zeal, co-operation and determination that has already helped to make you a part of a wonderful school.

We wish you success and happiness in the future years and hope you will remember at all times our school motto "Semper Fidelis" - always faithful.

L. Colpitts,
Editor

TRIBUTE TO BISHOP CARROLL



BISHOP CARROLL

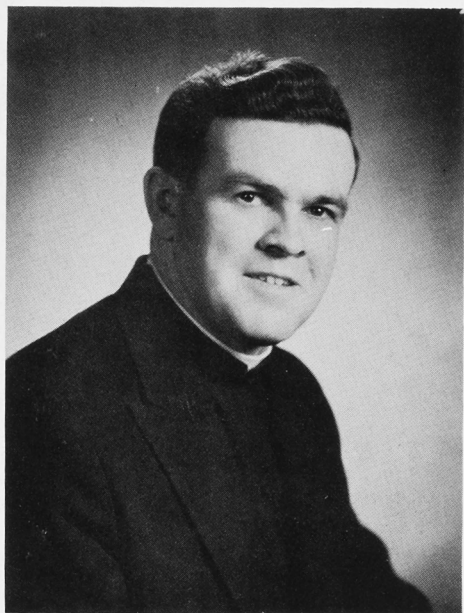
"Lord, make me an instrument of thy peace; where there is hatred, let me sow love; where there is injury, pardon, where there is despair, hope; where there is darkness, light; and where there is sadness, joy.

O Divine Master, grant that I may not so much seek to be consoled, as to console; to be understood, as to understand; to be loved, as to love, for it is in giving that we receive, it is in pardoning, that we are pardoned, and it is in dying that we are born to eternal life."

St. Francis of Assisi.

This Prayer seems to be the Life Ideal of his Excellency Bishop Carroll. May we also try to reach this goal set for us through his example and we would be an inspiration to those working with us.

IN APPRECIATION FOR



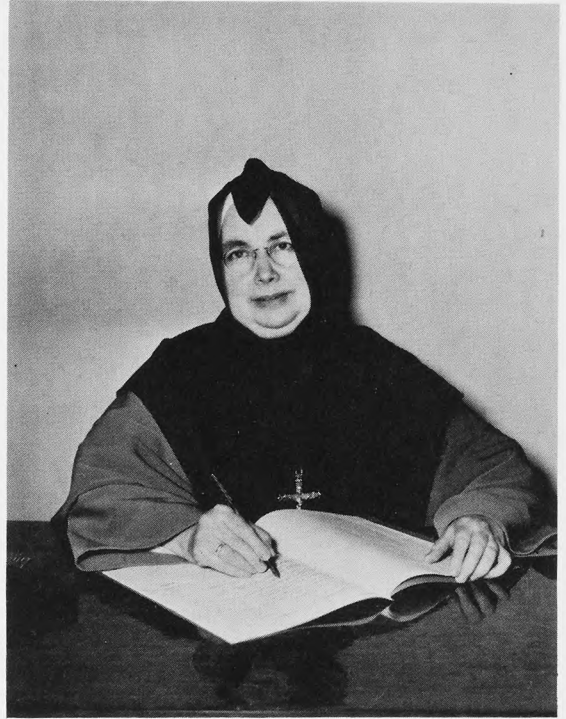
FATHER FLANNAGAN

A person who looks on the bright side of life,
Is happy, yet serious in the face of our strife,
Who thinks of himself after thinking of you.
Offers words of encouragement when they are due
A sympathetic listener, yet one who
will find a ray of hope, to carry you through
The Christian ideal of man is his code
His job - to help others to follow the road,
That will lead to happiness.

ALL YOU HAVE DONE

SISTER SUPERIOR

The one in life wherever placed
Hath happiness in store
Who walks not in the wicked way
Nor learns their guilty lore
Nor from the seat of scornful pride
Casts forth his eyes abroad
But with humility and awe
Still walks before his God
That one shall flourish like the trees,
Which by the streamlets grow
The fruitful top is spread on high
And firm the root below.



SISTER LECLERC

The time has come once again for another group of graduates to leave the Holy Cross. In turning our thoughts to the past, we realize that the memories of our three years of training are not fragmentary and nebulous: rather, they are very clear and concise. Among those memories which stand out from the rest are those of one who was always ready with friendly advice and encouragement.

When things went wrong as they sometimes will
When the road we trudged on seemed up hill
When the funds were low, and the debts were high,
When we wanted to smile, and could but sigh
When worry pressed us down a bit,
There was someone saying rest don't quit,
For life is queer with its twists and turns
As everyone of you sooner learns
And many a student gives up, turns about
When she might have won, had she stuck it out.
Try hardest when you're hardest hit
It's when things seem worst that you mustn't quit.
To you Sr. LeClerc, we dedicate these simple but
sincerely thankful lines.



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Laboratory Director

DR. M. D. MITCHELL
Credentials

INTERNS



DR. P. W. COHEN

Graduate of Amsterdam, Holland, 1958.
Plans to do General Practice in Canada.

DR. L. MALLOY

Graduate of Ottawa University, 1956.
Plans to take Post Graduate work in Obstetrics and Gynecology.

DR. K. S. CHAI

Graduate of Severence College, Korea, 1954.
Plans to work in the Colonel Belcher Hospital, Calgary.

DR. H. HARTMAN

Graduate of Utrecht University, Holland.
Plans are as yet undecided.

THE

NIGHTINGALE

PLEDGE



I solemnly pledge myself before God and in the presence of this assembly:

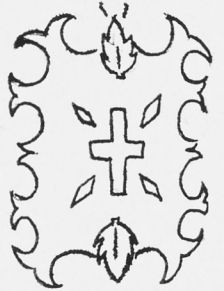
To pass my life in purity and to practice my profession faithfully.

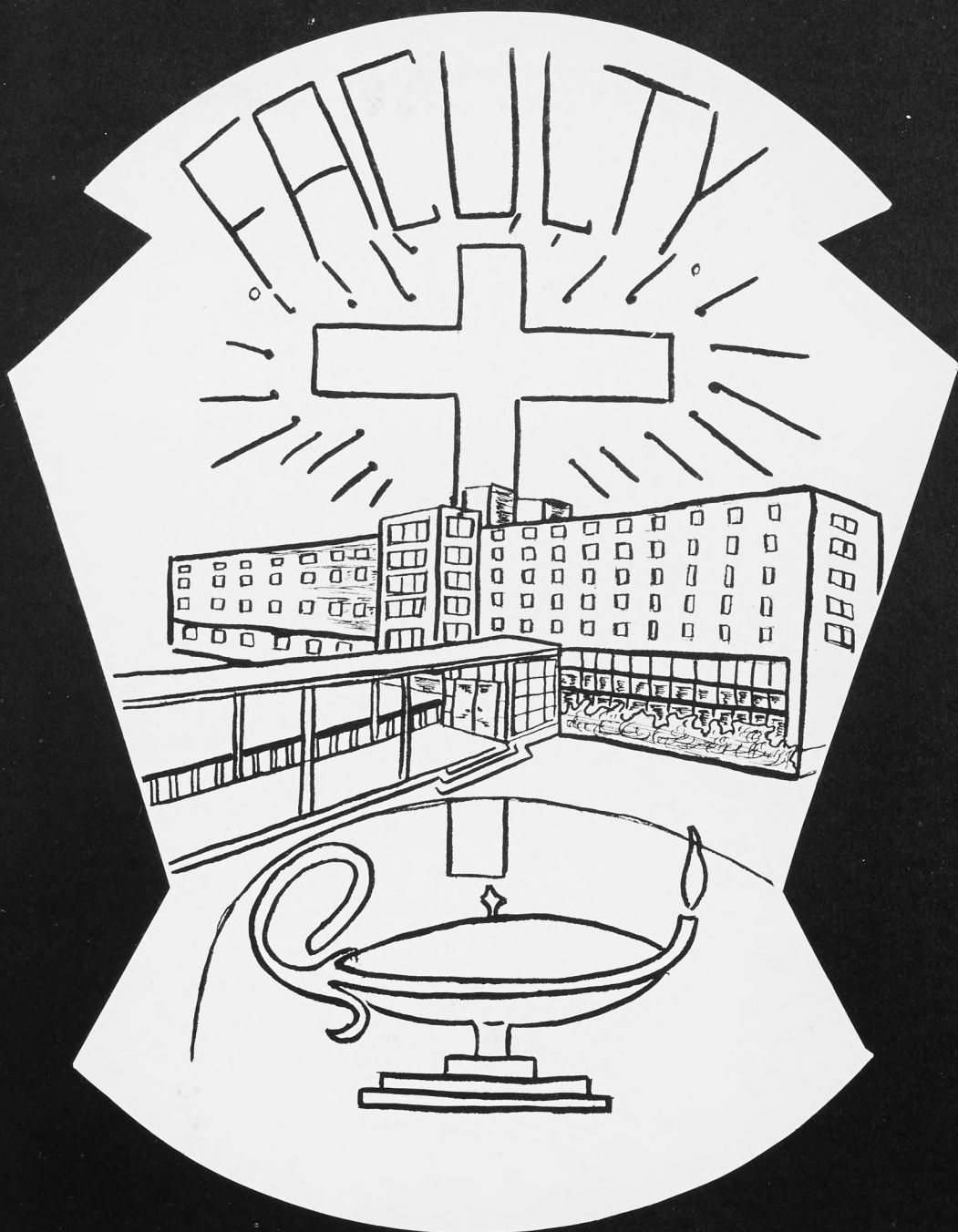
I will abstain from whatever is deleterious and mischievous, and will not take or knowingly administer any harmful drug.

I will do all in my power to elevate the standard of my profession, and will hold in confidence all personal matters committed to my keeping and all family affairs coming to my knowledge in the practice of my profession.

With loyalty will I endeavor to aid the physician in his work, and devote myself to the welfare of those committed to my care.

Florence Nightingale.





FACULTY OF THE



MRS. E. BLAND
Associate Director of Nursing Education



MRS. A. CHERRY
Health Director



MISS K. MAC LEOD
Surgical Nursing



MRS. L. BARUTA
Obstetrical Nursing



MISS M. HORNE
Medical Nursing
Instructor



MRS. E. ARMSTRONG
Pediatrics



MRS. A. MEERES
Anatomy and Physiology
Instructor

SCHOOL OF NURSING



MISS SMITH
Operating Room Technique



MISS GREEN
Orthopedic Nursing



MISS RIOU
Nursing Arts Instructress



MISS GOODCHILD
Dressing Room



MISS LEITCH
Urological Nursing



MISS STIANSEN
Assistant Nursing Arts Instructress



HOLY CROSS HOSPITAL
SCHOOL OF NURSING
GRADUATES,
CLASS OF 1960

FEBRUARY CLASS OF 1960



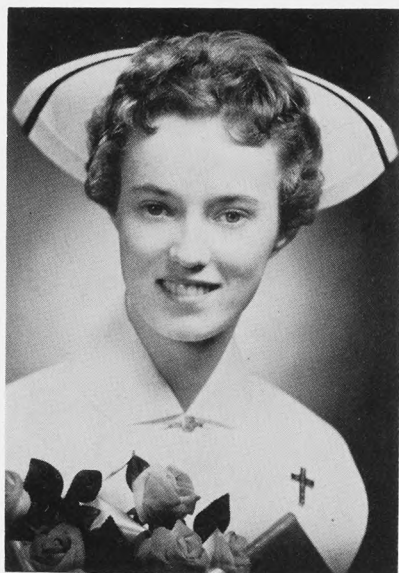
G. O'CONNOR
Calgary, Alberta
Energetic, tasteful,
Vivacious and keen,
A better nurse is rarely seen.



S. SHARP
Crossfield, Alberta
Tactful and tasteful,
Calm and efficient,
A nurse who is kind as well as
proficient.



B. BARRETT
Calgary, Alberta
If a task is once begun
Never leave till it's done
Be the labour great or small
Do it well or not at all.



M. DANNEWALD
Stettler, Alberta
She's little but she's wise.
She's a terror for her size.



S. GEORGE
Delburne, Alberta
And yet a spirit still and bright,
With something of angelic light.



J. GLANVILLE
Bowness, Alberta
A girl of cheerful yesterdays,
And confident tomorrows.



I. KOZMA

Cayley, Alberta

What a wealth of joy and gladness
Would be ours if we could view
Life's daily trying problems
As you can and as you do.



B. LARSON

Edmonton, Alberta

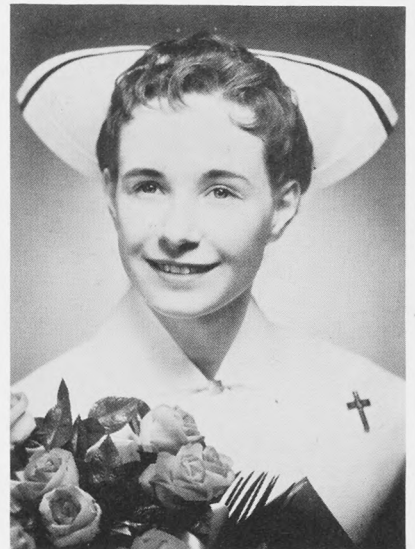
Her nature is sincerity,
Her mind is wisdom's mould.



A. LEROUGE

Red Deer, Alberta

Her soul is rarest courage,
And her heart is purest gold.



B. LONG

LaCombe, Alberta

In quietness and confidence,
Shall be your strength.



M. MERCHANT
 Victoria, B. C.
 She smiles a smile and works her
 will
 'tis just a little way she has.



M. MICHEL
 Crossfield, Alberta
 Oh, blessed with temper,
 Whose unclouded ray,
 Can make tomorrow
 As cheerful as today.



C. MORGAN
 Sundre, Alberta
 A quiet manner, a winning smile,
 All the traits that make life worth-
 while.



M. NELSON
 Calgary, Alberta
 Be the labour great or small,
 Do it well or not at all.



B. NIELSON
Forest Lawn, Alberta
With gentle yet prevailing force,
Intent upon her destined course.



E. RANDALL
Kathryn, Alberta
I slept and dreamed that life was
beauty,
I woke and found that life was duty.



E. RIMMER
Foremost, Alberta
A time for work and a time for play,
A smile for all throughout the day.



S. SCHAFER
Hanna, Alberta
Those who bring sunshine to the lives
of others cannot keep it from them-
selves.



D. SWANSON
Taber, Alta.

Heaven sent her to brighten this old
earth, And only heaven fully knows
her worth.



E. WOITTE
Warner, Alta.

If a task is once begun
Never leave it till it's done.

SEPTEMBER 1960 GRADUATES



M. INGALLS
Kathryn, Alta.

The men the world call "lucky",
Will tell you every one,
That success comes not with wishing
But with hard work, bravely done.



B. GIECK
Airdrie, Alberta

A true work of art, is but a shadow
of divine perfection.



H. ATKINSON
Calgary, Alberta
It is now our time, that have stood
by and seen your wishes prosper,
to bid you joy.



N. BANNISTER
Calgary, Alberta
The great use of life is to
spend it
For something which outlasts it.



A. BASSIL
Calgary, Alberta
She will be the pattern
of all patience.



M. BESTIANICK
Calgary, Alberta
True to word, work, and
friends.



A. BONOGOFSKY
Medicine Hat, Alberta
She doeth little kindnesses
Which most leave undone.



D. BOYCHUK
Eatonia, Sask.
A good mind possesses
a kingdom.



K. CLARK
Calgary, Alberta
An honest heart being the
first blessing,
A knowing head, the second.



L. COLPITTS
Calgary, Alberta
Tis the human touch in this
world that counts,
Be it the touch of your
Heart and hand.



M. COOKE
Blackie, Alberta
Whose calm, mature, wise
words
Suppress the need of swords.



A. COTTON
Rimbey, Alberta
For sportsmanship you cannot
beat
The fellow feeling that makes
her a wonderous kind.



E. CRAWFORD
Pincher Creek, Alberta
Our cheerful Eva is hard
to beat,
A willing worker, loved
by each.



J. CRAWFORD
Calgary, Alberta
To live and act, and serve
the future hour, and be as
thy presence is, gracious and
kind.



E. EDGAR

Calgary, Alberta

I believe thou hast a mind that
suits
With this, thy fair and outward
character.



E. FALASCONI

Drumheller, Alberta

High erected thouts,
Seated in the heart of courtesy.



S. FREE

Calgary, Alberta

Gaiety and good humour have
proven you a delight to know.



K. GIBSON

Red Deer, Alberta

Nonsense now and then
is relished for a little fun.



M. GORDON
 Youngstown, Alberta
 Now stand you on the top of happy
 hours...



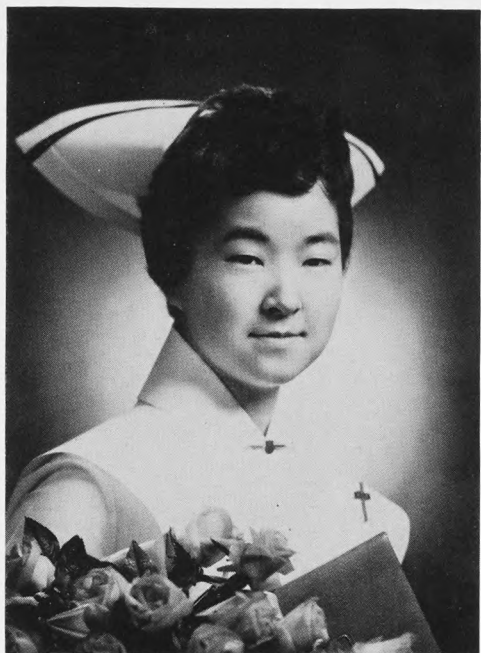
D. HARWOOD
 Permez Creek, Alta.
 With my friends may I share
 What my day may afford.



J. HOURIHAN
 Three Hills, Alberta
 It is because you give of yourself
 That you truly give.



A. HOUSTON
 Acadia Valley, Alberta
 Let me be the one
 to do what is done.



J. KONDO
 Calgary, Alberta
 Quietly useful, kind, gentle
 and tender
 And always giving light.



M. LONGMAN
 Calgary, Alberta
 Serene will be your days,
 and bright and happy will
 your nature be.



D. MAC DONALD
 Drumheller, Alberta
 A merry heart
 Maketh a cheerful countenance



R. MATHESON
 Consort, Alberta
 "When pain and anguish wring
 the brow,
 A ministering angel thou".



M. MOIR

Gem, Alberta

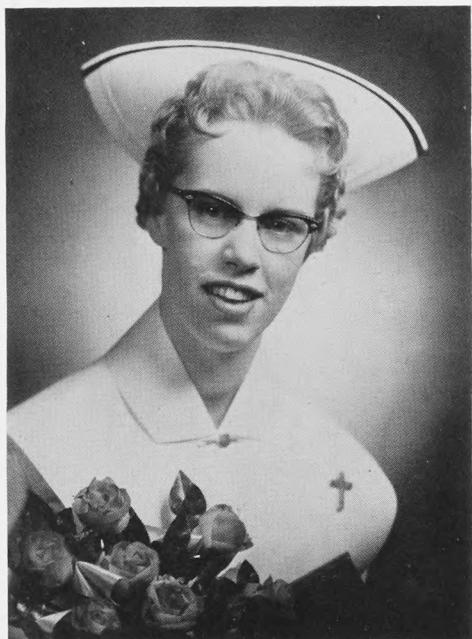
A nurse...experienced,
industrious, ambitious,
And often quite picturesque.



M. MC GRAW

Calgary, Alberta

The place to be happy is here-
The time to be happy is now.



M. MC NIEL

Calgary, Alberta

Pleasure and action
Make the hours seem short.



P. PATTERSON

Calgary, Alberta

The remembrance of past
labor is agreeable
But the future holds even
greater hopes.



M. ROBBINS
Calgary, Alberta
Those laughing eyes,
That bright smile,
Make her friends happy,
All the while.



I. SANDEMAN
Okotoks, Alberta
Always Happy, always gay,
Humming a tune throughout
the day.



M. SHEURMAN
Acadia Valley, Alberta
A mind equal to any undertaking
that she puts it alongside.



S. SHERLOCK
Calgary, Alberta
Think that day lost whose
low descending sun
Views from my hand no worthy
action done.



M. SKARZYNSKI
Calgary, Alberta
Bright blue eyes,
A charming smile,
Gay or quiet,
She's a riot.



H. STANDISH
Midnapore, Alberta
Quiet and Pleasing,
But always teasing,
Efficient on duty,
Is this blue eyed cutie.



J. STELMACK
Red Deer, Alberta
Happy as a lark,
With lots of spark,
She'll win your heart,
From the start.



L. STOLSON
Cabri, Sask.
Petite and poised
With lots of charm
At nursing she's best,
We're glad she came west.



J. STOREY

Eatonia, Sask.
With sincerity this girl does glow,
A real true pal we're proud to
know.



A. SWAN

Edmonton, Alberta
And those about her, from her
shall read the perfect ways of
honour.



L. THOMAS

Strathmore, Alberta
Blest with charm,
The certainty to please.



M. THOMPSON

Innisfail, Alberta
It is fascinating how
she can be
Efficient, cheerful and
so carefree.



M. UNIACKE
Calgary, Alberta
Petite and always full of fun.
Immediately our hearts has won.



B. VELKER
Beisecker, Alberta
Be the labor great or small,
Do it well or not at all.



C. WAMBEKE
High River, Alberta
The world is happy where she is,
With winning smile and heart that
gives.



E. WHITE
Swift Current, Sask.
A sweeter nurse you've never seen,
A jolly laugh and eyes that beam.



B. WILSON
Vermillion, Alberta
She does her work with
extreme care,
And is never too busy, her
time to share.

GRADUATION PRAYER

Oh give us Lord a greater understanding,
And knowledge of the task we are to do.
That we may gain a greater satisfaction,
As we begin a life of service true.

Please help us to be gentle with our patients,
Though weary we ourselves may often feel.
Inspire us in our daily occupation,
To spread a little cheer to those who're ill.

Lord, if along the road we often stumble,
Forgetful of our neighbor's suffering there.
Forgive us, please, and help us to remember,
God guides the one who lifts her heart in prayer.

How noble is this life we are pursuing,
As we complete this step along the way!
For 'tis the Father's work we will be doing,
And may we do it well we humbly pray.

—Jo Ann Border

AWARDS AND BURSARIES

GENERAL PROFICIENCY: Sister Superior and Sisters of Holy Cross Hospital.
MISS E. RIMMER

BEDSIDE NURSING: Sr. Superior and Sisters of Holy Cross Hospital.
MISS L. THOMAS

BURSARY OF \$100: Offered by Mr. and Mrs. Briscoe.
MISS M. BESTIANICK

HIGHEST STANDING IN THEORY: Alumnae Association of Holy Cross Hospital.
MISS M. MICHEL

PROFICIENCY IN OPERATING ROOM TECHNIQUE: Calgary Associate Clinic, in
honor of Dr. D. S. Macnab.
MISS D. MacDONALD

PROFICIENCY IN PEDIATRIC NURSING: Ladies' Auxiliary of the Holy Cross
Hospital.
MISS S. FREE

PROFICIENCY IN ASEPTIC TECHNIQUE: The Stevens Company.
MISS M. INGALLS

PROFICIENCY IN OBSTETRICAL NURSING: Calgary Associate Clinic.
MISS E. CRAWFORD

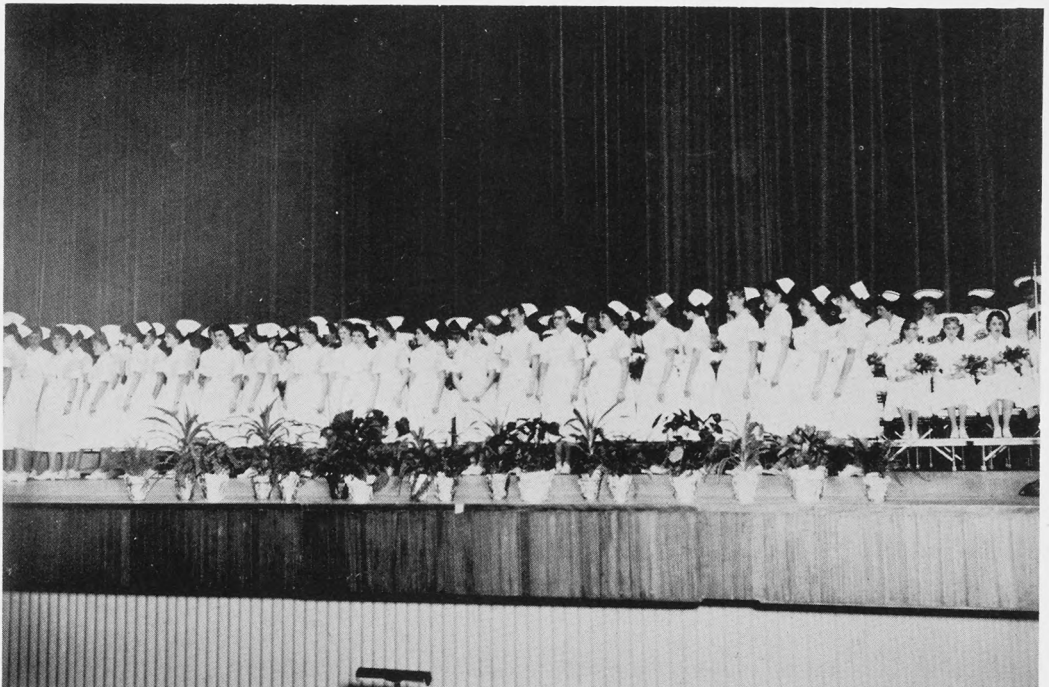
PROFESSIONAL ETHICS: Knights of Columbus.
MISS M. THOMPSON

HIGH IDEALS OF SERVICE: The members of the Faculty of Holy Cross Hospital
School of Nursing.
MISS J. KONDO

SCHOLASTIC ACHIEVEMENT: (Second Year Award) Fisher & Burpe.
MISS M. PHILLIPS

BURSARY OF \$200.00: Medical Staff of Holy Cross Hospital.

TWO BURSARIES OF \$200.00 EACH: Mr. M. D. Shyba.



ADDRESS TO THE GRADUATING NURSES H.C.H. 1960

Greeting: Mr. Chairman, Graduating Class of 1960, Right Reverend Monsignor Anderson, and Reverend Sisters of Charity.

I accepted the honor created by the invitation to address you, the Graduating Class of 1960, with considerable misgivings as to my ability to perform this office in a manner suitable and equal to this great occasion. However, I am a mere mortal such as Shakespeare described when he wrote in Henry the Fifth - "but if it be a sin to covet honor I am the most offending soul alive." Thus I accepted the invitation.

Along with this flattery to my ego I considered my admiration and respect for your training school which has grown through the years of association with it and felt it my duty to face this task and bring to you some of my thoughts and observations acquired through this period.

I realized I had another unusual qualification for acceptance. I have lived a large part of my life in the home environment of nursing influence. Born and raised by a graduate nurse, my mother's professional philosophy was later supplemented by my elder sister's interpretation of your profession so that this particular home influence continued from infancy throughout the formative years until graduation from the University and later becoming established in medical practice followed subsequently by marriage.

Some years later, a third generation of nurses in our home added her personal volumes to my education of under-graduate thinking. Truly I have been exposed to the influence of the nursing profession all my life. By virtue of this personal experience, I feel compelled to present your view point and extend my remarks to include a word of admonition to my fellow practitioners. We the medical profession, are studied, respected and admired; and at time honestly criticized in fact on occasion brilliantly lampooned and realistically caricatured by the observations of our nursing confreres. We should never forget that our hospital work is astutely assessed by an observant audience at all times. We are in the position where we must be prepared to have our work and our behaviour pattern examined by many keen eyes studying us for individual points of strength, weaknesses, quirks and personal idiosyncracies.

In the last quarter of a century the advancing strides in the science of medicine have thrown a great increase in responsibility on your profession. Today, your training includes many phases of treatment which you accept as common place, whereas a few years ago, some of these tasks were considered only in the realm of the practicing doctor. Your sphere of influence has thus widened, not only in the area of patient care, but also on the medical profession and the public at large. Now that you have attained your full academic stature of Registered Nurse, you cannot personally remain insular in your thinking or nondescript in your appearance because of the elevated position of your profession and its ever widening sphere of influence which emanated from your daily life. This position of influence will be maintained and grow still further as a result of your excellent training applied in your work. You recent graduates have enjoyed the benefits of training with many previously undreamed of ancillary services working behind you in our ultra-modern hospitals with facilities far beyond the comprehension of our predecessors. You have an armamentarium of drugs vaccines, blood banks, antibiotics and chemotherapeutic agents, but, most important of all, you are trained in their scientific use and application.

You have also inherited a tradition of dedicated service to mankind created in somewhat different surroundings. In our mind's eye, we can see Florence Nightingale, following her great Crimean adventure, by lantern light in the rat infested workhouses of her day. This spirit of Dedication has been carried down through the years to you, by such individuals as the late Miss Gertrude Hall, whose whole life has been a symbol of Dedication. Truly the environment has changed but the dedication of your profession remains constant. The tradition of service is your birth-right in the nursing profession, its perpetuation is your responsibility of the future. The sincerity of your dedication combined with your success in the course of your training are assurance to us all that you will make your personal contribution to further increase this prestige of your chosen profession.

Great strides of medical progress have been made in the hundred and forty five years this spirit of dedicated service was created. Probably the greatest of these strides have been made in the last thirty years. As a result, my contemporaries in medicine and the nursing profession have been exposed to and benefited more by scientific medical advance in our day than in any other era of medicine. We are privileged to have seen modern medicine by the addition of many discoveries of the last quarter of a century, built its glorious superstructure on the solid foundation of

centuries of development in our basic sciences. Truly, as graduates of today, and looking forward to still greater advances in the next quarter century, you are standing on a threshold of broad horizons that fill one with awe when one thinks of their potential for further progress. In your professional life and in your own life time I am sure that future developments in medical knowledge will parallel the extraordinary advances in the field of science that have led to the fantastic explorations of space that are going on in our world today. Truly your horizon is without limitation. Its width, scope and depth for your future cannot be foreseen at present but can only be anticipated by the rapidity of progress that we have seen in the past and which has been so greatly accelerated in the last fifteen years. The ever broadening scope of the future brings demands upon you which, like the advances in medicine, I know are securely built on the scientific knowledge of the past and traditions and fortitude of your predecessors in bringing your profession to its present honored and respected status in our community life.

I would remind you of your debt to your predecessors for the improved working conditions of your life during your undergraduate and graduate days. These changes did not come about easily. Your predecessors in nursing had a tremendous battle on their hands to gradually bring about the present eight hour day. Also a forty hour week for undergraduates with actual time for personal pleasure or improvement of the mind or body in other than professional work was unheard of twenty years ago. Many factors took part in bringing about this evolution of improvement in working conditions.

Competitively, one could not expect girls to leave high school and undergo three years of rigorous training for their R.N. and graduate to a twelve hour work day, while their high school classmates would take a six months business course and immediately obtain employment in the business world with a forty hour week plus coffee breaks. Present conditions have been hard to attain but are of great benefit.

To obtain the required number of nurses and perform all of the nursing duties in the reduced number of working hours per week, the sub-nursing aspects of bedside nursing care were taken out of the hands of the nurse and performed by ancillary services. With this relief in the work load, the same number of nurses on the reduced number of working hours per week could perform adequately and effectively the essential nursing services. This reduction in hours was really a general sociologic trend in all phases of community life which required a great deal of leadership to bring about its application into the world of nursing.

Coincident with these improvements, the advances and strides in medicine raised the ceiling of responsibility accepted by your profession to the elevated level that it maintains today. To illustrate this point of increased responsibility, let us consider a blood transfusion. A few years ago, a blood transfusion required the donor and the patient both present in the operating room with a surgeon and an assistant or intern attending each one. I might say that the enthusiasm of the surgeon taking the blood from a donor sometimes produced seven hundred and fifty or even one thousand cc's of blood but the lack of understanding of the clotting mechanism of blood meant that the patient might get four or five hundred cc's of this mammoth transfusion and the balance was left as evidence on the ceiling, the walls and the drapes. This is not hearsay, I have seen it from the position of the donor. Today with the modern facilities of the Red Cross Blood Service, a transfusion is ordered by the attending physician and administered to the patient on the ward by a nurse who is trained in intravenous medication.

Another example, is your use of the stethoscope in determining blood pressures. Formerly, the stethoscope was kept under cover and only used by an attending physician. Today, one sees girls in the undergraduate stage of training checking blood pressure with the stethoscope and noting signs of impending shock. This is an increase in responsibility on the nurse that has saved many lives by initiating treatment for impending shock rather than waiting for shock to become well established.

One further example, I can well recall in our intern days taking emergency calls at any time of the day or night to treat post-operative distention by passing a stomach tube and doing a gastric lavage. In cases of acute dilatation of the stomach this procedure might have to be repeated as often as every half hour much to the patients discomfort. Today, a nurse passes a nasal catheter and establishes continuous suction drainage and then supervises this more efficient drainage and thereby avoids serious complications with a minimum of discomfort to the patient and a more satisfactory result attained.

One could go on citing many other responsibilities which are routinely accepted by your profession that were unheard of a matter of a few years ago.

You, the Graduating Class of 1960, have accepted this increase in nursing responsibility as a matter of course. You have been trained to a high degree of perfection in applying your advanced technical knowledge. I might say that you have also been exposed to the living examples of the highest idealism and dedication to your profession in the environment of your Training School. I would like to suggest that you humbly recognize the contribution of your predecessors in building up the profession to its present stature.

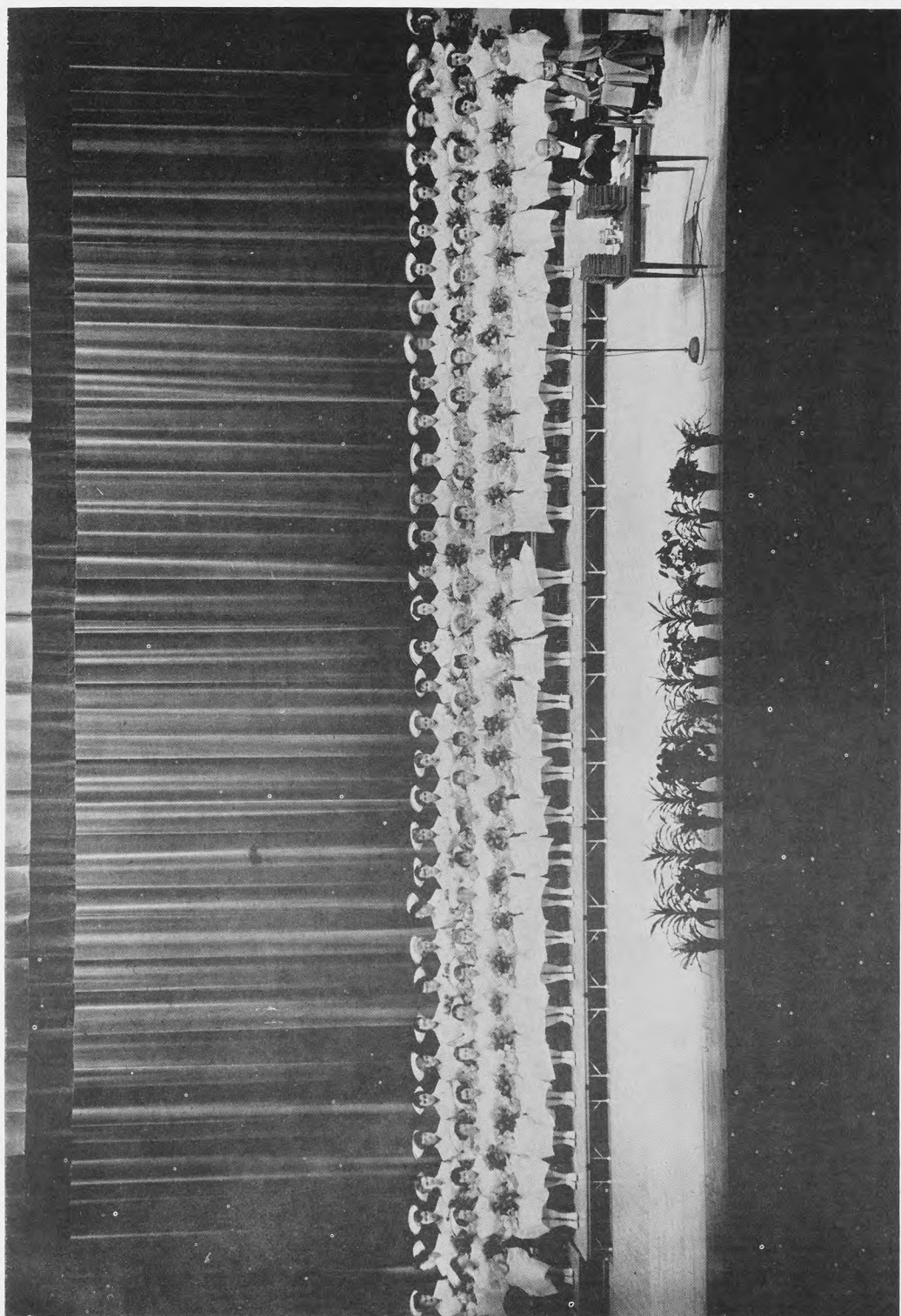
In acknowledging the work you in your turn have done to attain your degree, I would remind you of the statement by Bacom - "I hold every man a debtor to his profession." Thus your diploma creates a debt and demands a continuing contribution on the part of each one of you for an individual effort to build your profession still higher and greater in line with the progress of the times, further adding to the inheritance you have received tonight, for your successors of the next generation. Your attainment in graduation has created a debt from you to your profession and demands a dedication of inspired service in your future professional life.

Thus, in conclusion, I want to sincerely thank your predecessors in nursing for building securely the structure of the nursing profession that you are inheriting today and in congratulating you on your success, to quote to you the admonition of one of the world's greatest medical men, Sir William Osler, "that we are here to add what we can to--not to get what we can from - Life".

Dr. H. V. Morgan's Address
Delivered to Graduating Class of Nurses
Holy Cross Hospital, October 1960.



GRADUATION





GRADUATION MASS



GRADUATION BREAKFAST



GRADUATION BANQUET



VALEDICTORY



Right Rev. Monseigneur Anderson, Rev. Fathers, Rev. Sisters, Honoured Guests, Parents, friends and fellow graduates.

Today is our graduation day. The black band we so proudly wear tonight is to you, a symbol of this achievement. However, for us, our black band has a far deeper meaning. We consider also the experiences of the past three years, which has made tonight possible.

We remember our entrance day, and those first frustrating months of personal and professional adjustments. Then our weeks of classes, and clinical experiences, our yearly promotion, recognized by the presentation of a special pin, and finally our senior responsibilities. For us, these memories make up the fabric of our black band.

These past three years at Holy Cross Hospital have prepared us to fulfill our role as professional nurses. The example of dedication of our beloved Grey Nuns, has instilled in us the spirit of serving God by ministering to the sick. By upholding our motto "Semper Fidelis," always faithful we humbly hope to imitate the first Handmaiden of the Lord, Mary, His Mother.

As our Hospital Chaplain you, Rev. Father Flanagan, have helped us to see always the inherent dignity of our profession. You counselled us in our difficulties, comforted us in our sorrows and rejoiced with us in our happiness. To you, Rev. Father, we are indeed grateful.

Through the patient guidance of our instructresses we have learned the art and science of nursing. In hours of indecision and insecurity you were the first to our aid. To you, to the head nurses and supervisors, we are indebted for your direction and support.

To the medical staff, who have given so generously of their time and knowledge, our sincere thanks. We have been edified by the example of your professional life, reflecting the true spirit of service. We feel somewhat humbled but we hope prepared to assist you efficiently in the years to come.

The realization of our cherished dreams and ambitions can only be shared fully by our loved ones; our family. In our hopes and fears, joys and failures, we valued above all your support and encouragement. You may be very proud tonight for your sacrifices and love have made this all possible.

Tonight we bid a fond farewell to the Students of the Holy Cross. As was our goal, may you continue to uphold the honour of the school, may you be successful in your studies and finally experience this very rewarding event of graduation. Thanks for your companionship and your support of school activities. In wishing you the best in the coming years, we can only hope that all the joys and happiness we have known here, may also be yours.

Today will end like another day, but the fondest of memories and the hopes of the future will never completely erase the grandeur of this moment. As one poet so ably describes it.

For yesterday is but a dream
And tomorrow is only a vision
But today well lived makes every
Yesterday a dream of happiness
And every tomorrow a vision of hope.

Miss J. Crawford



UNDERGRADUATES



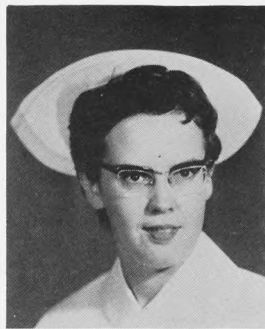
CLASS OF FEB. '61



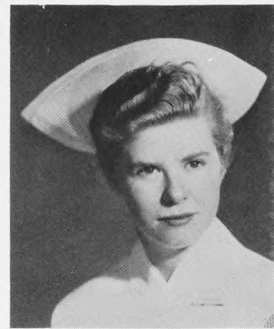
G. Ainsworth



D. Brooks



J. Cushing



M. Hauck



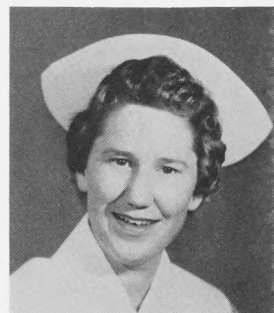
G. Herter



R. Lindsay



A. Mercer



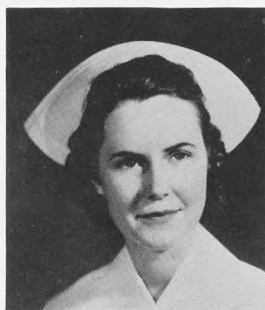
J. Milne



L. Moen



D. Montgomery



M. McEwan



L. McGlynn



M. Page



I. Quinn



K. Trochanowski



N. Bartlett



S. Bealing

CLASS OF SEPT. '61



G. Berkhold



L. Blue



R. Briand



M. Christensen



D. Church



D. Drabik



C. Draper



A. Fairley



B. Fleming



B. Flynn



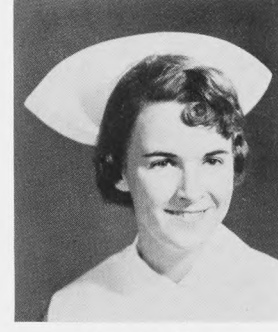
M. Gibson



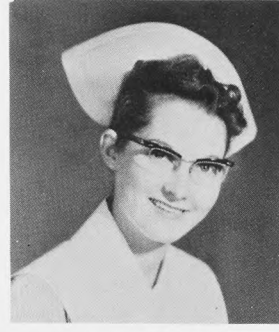
B. Godlonton



I. Gough



G. Griffen



E. Hanna



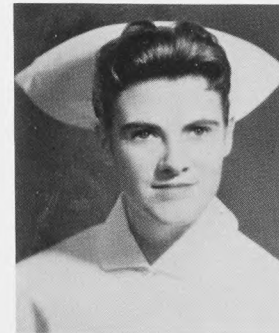
D. Haslam



S. Hazlett



H. Hildebrandt



I. Hilliard



J. Kennedy



L. Kole



A. Langlois



V. LaValley



I. McGrath



E. McKiel



T. Mraz



E. Pedersen



D. Phillips



M. Phillips



M. Platzer



G. Pogson



F. Poland



W. Ritten



D. Rodbourne



A. Rousseau



V. Rumen



B. Shannon



C. Smart



P. Stark



M. Stawart



P. Stewart



C. Thumlert



G. Vincent



M. Wiley



B. Wotherspoon



T. Wright



M. Young



B. Ziebart



C. Andresen

CLASS OF FEB. '62



J. Armbruster



J. Blackwell



M. Guenette



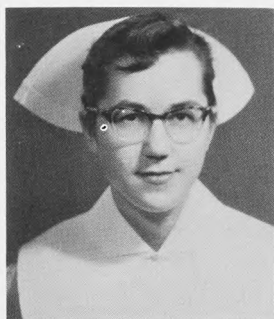
L. Hawkins



P. Helzer



M. Ingraham



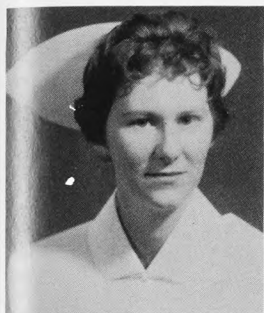
D. Kaufmann



J. Kilpatrick



C. Manley



W. Niven



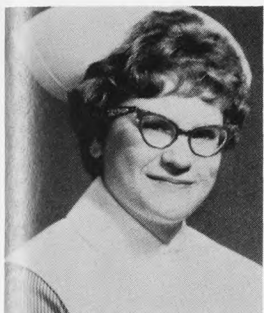
J. Perry



L. Porter



P. Priestnall



R. Sawchuk



C. Simm



E. Standish



C. Stewart



J. Tanner



H. White



M. Wolkoff



D. Yates



H. Aesie



K. Barry



M. Birch



J. Blair



R. Blake



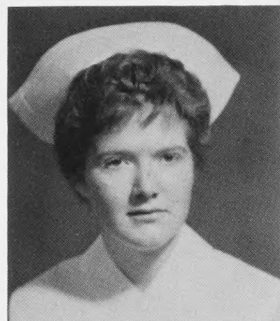
D. Allan



CLASS OF SEPT. '62



L. Boyden



I. Brown



L. Budd



B. Cowie



A. Dallas



M. deBarathy



E. DeBoice



G. Dick



R. Ditchburn



L. Durand



S. Eaglechild



E. Forrest



C. Fulton



D. Gentile



R. Gilmer



D. Godder



H. Grant



L. Hebert



J. Heembrock



C. Jacobson



I. Jempson



J. Kern



S. Kostenack



L. Krause



L. Kuntz



C. Lelievre



C. Lerouge



J. Levesque



V. Liktov



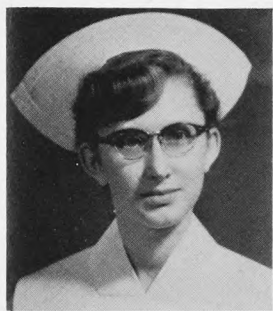
K. Lloyd



C. Manders



Sr. Mary Jean



N. Murphy



N. McAvoy



M. McDonald



M. McRae



P. Oliphant



J. Plomp



M. Rice



D. Rider



C. Sloane



L. Spencer



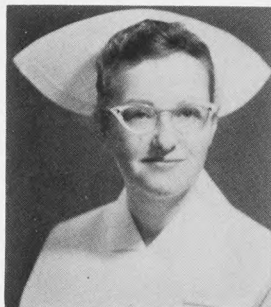
B. Street



V. Stroh



E. Sullivan



D. Tuson



M. Vandervalt



P. Bateman

CLASS OF FEB. '63



G. Biron



B. Brockway



S. Currie



J. Dunay



M. Gusa



M. Herle



A. Hinger



M. Hoffman



E. Hunter



P. Jordan



G. Jurgens



C. Kenny



M. Kromm



A. Labentsoff



B. Luco



M. Murphy



J. McCombs



L. McDonald



S. Roberts



H. Schnell



D. Soukup



RESIDENCE STAFF

DEDICATED TO



MRS. WATSON
RESIDENCE SUPERVISOR



MRS. CARON
Receptionist



MRS. FOLEY
Assistant Supervisor



MRS. SCHRIEFELS
Assistant Supervisor



MRS. WALKER
Night Supervisor



MRS. HOUSE
Receptionist



MRS. CAMPBELL
Receptionist



MRS. WHITFORD
School Secretary



MRS. VAN SICKLE
Librarian



HOLY CROSS SCHOOL OF NURSING

STUDENT'S COUNCIL

Members of Student's Council Executive:

1. President - Miss Joan Crawford
2. Vice-President - Miss Norma Bannister
3. Secretary - Miss Donna Brooks
4. Treasurer - Miss Mary Page
5. Committee Leaders:

Social Committee - Diane MacDonald
Sports Committee - Audrey Cotton
Home Committee - Anne Swan
Wood Committee - Mary Cook
S.N.A.A. - June Kondo
Sick Committee - Joan Hourihan
Yearbook Committee - Lillian Colpitts, Elaine Hanna
I.C.C. - Carol Draper, Diane MacDonald
Honour Board - Barbara Barrett, Jean Milne

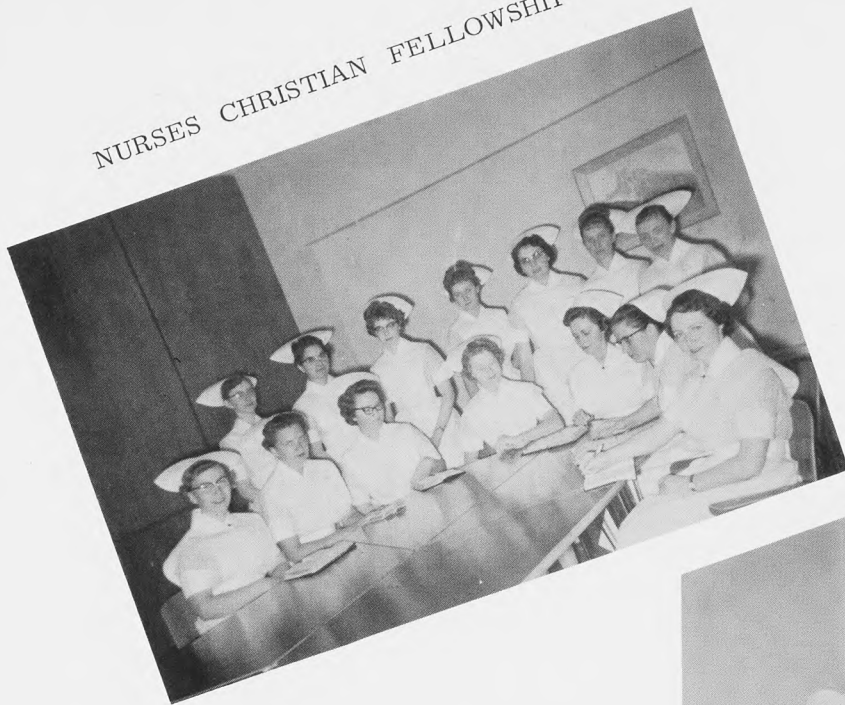
6. Including the president and secretary of each class.

The student's union of the Holy Cross Hospital School of Nursing, has as its members, every student attending the school. The executive meets once monthly, on the first Monday to discuss various matters of importance concerning the hospital and school. These executive meetings are followed on the next Wednesday by a Mass Meeting, which is attended by every student.

Throughout the year, we, the executive feel that each and every student is to be congratulated for the constant full co-operation and enthusiasm they offered in the many activities we undertook in the past year. Only by this good support can any organization survive and prosper. We are proud of our students union and are certain that in years to come it will be resourceful and professional as symbolic of the good spirited students from the "Holy."

J. Crawford

NURSES CHRISTIAN FELLOWSHIP



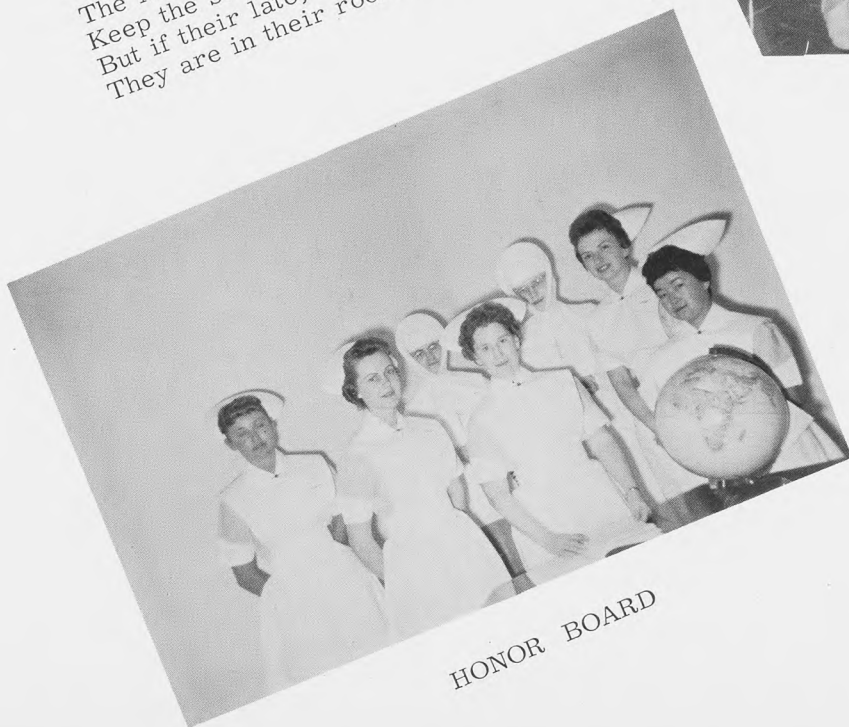
DAMIAN CLUB



THE HONOUR BOARD
We are called the H.B. Hardrocks
Students think we love to plot,
Of all the things to give them
Should anyone get caught.

The rules are in the Yellow Book
They have been pinned up on the wall.
And read aloud at meetings
But it doesn't help at all.

The Members of the Honour Board
Keep the students all in line
But if their late, or break a rule.
They are in their rooms at nine.



HONOR BOARD



CLASS OF FEBRUARY '63- CAPPING CEREMONY



SNAA TALENT SHOW,
HELD AT HOLY CROSS HOSPITAL .

MAY FORMAL



MISS MONA HAUCK - MAY QUEEN



BEHIND THE SCENES - IN THE KITCHEN

INTER-HOSPITAL



TROPHY PRESENTATION

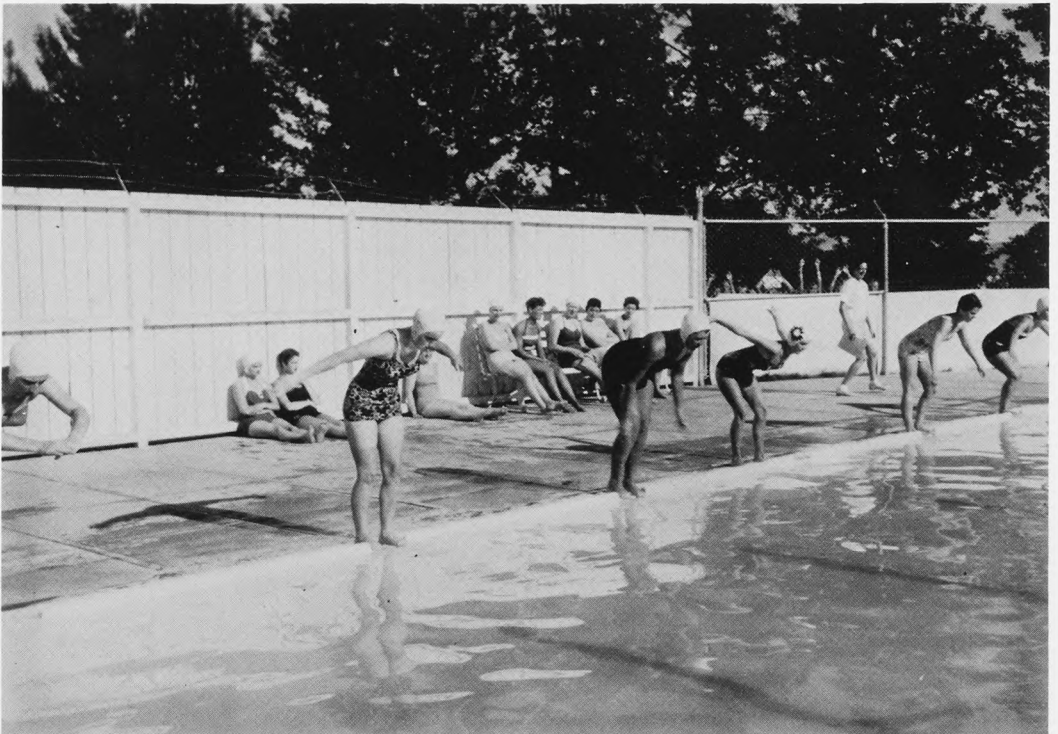


SOFTBALL TEAM, AT SOUTH CALGARY PARK

WEEK JULY 1960



MARATHON RACE



SWIMMING AT SOUTH CALGARY POOL



Presentation of picture to Nurses Residence. Painted by Mrs. Moleson, and dedicated to the Graduating Class of 1929.



GRADUATION BREAKFAST



GRADUATION BANQUET



GRADUATION FORMAL AT JUBILEE AUDITORIUM



In sickness or peril,
Wherever the call,
They stand brave and ready
To sacrifice all.

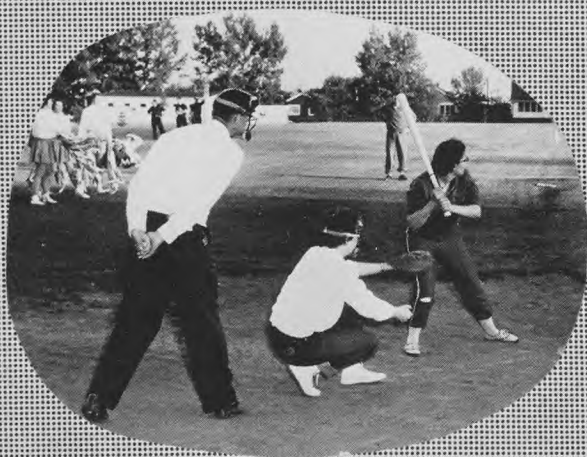
Angels of Mercy,
By day and by night
God sent them from Heaven
His Angels in White.



GLEE CLUB AT GRADUATION EXERCISES



PROGRAM AT GRADUATION BANQUET

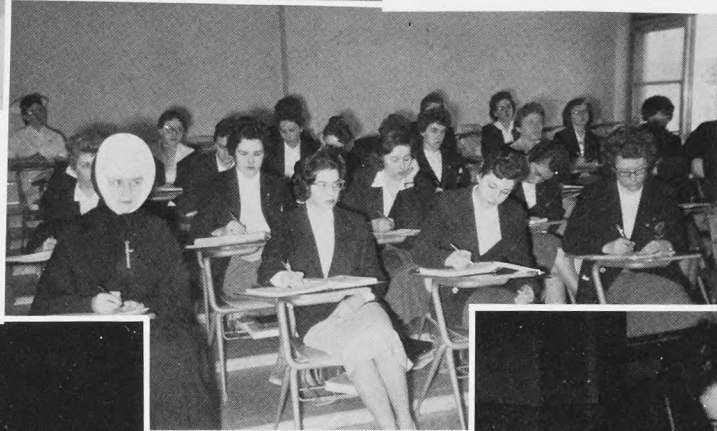




"Today I am going to talk to you about the blood-sigh."

THOSE BLOCKS!

Rest period girls?



Ugh - I feel faint!!!



Hm - Pork chops for dinner!

Just for today I will try to live through this day only, and not tackle my whole life problem at once. I can do something for twelve hours that would appall me if I felt that I had to keep it up for a life time.

Just for today I will adjust myself to what is, and not try to adjust everything to my own desires. I will take my "luck" as it comes, and fit myself to it.

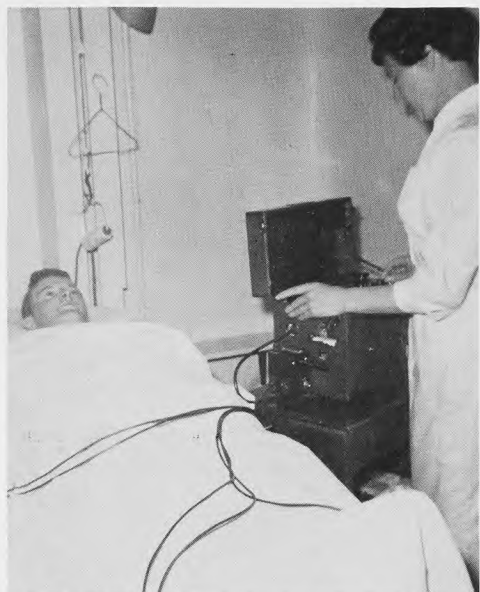
Just for today I will try to strengthen my mind. I will study. I will learn something useful, I will not be a mental loafer, I will read something that requires effort, thought and concentration.

Just for today I will exercise my soul in three ways: I will do somebody a good turn, and not get found out; if anybody knows of it, it will not count. I will do at least two things I don't want to do - just for exercise. I will not show anyone that my feelings are hurt; they may be hurt, but today I will not show it.

Just for today I will be unafraid. Especially I will not be afraid to enjoy what is beautiful, and to believe that as I give to the world, so the world will give to ME. (author unknown)



Protecting our health or is this target practise?!



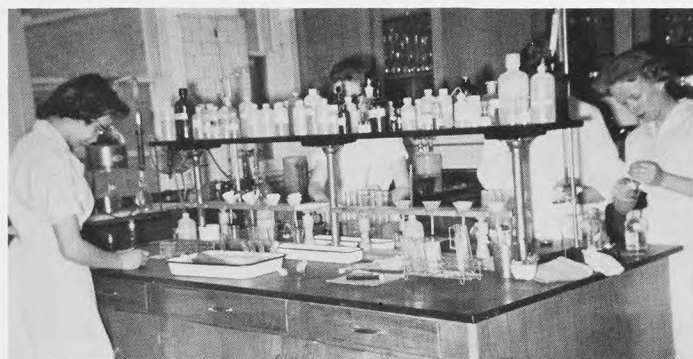
Now I'm just going
to take your
picture



EC 6 anyone?



Oh - my neck is
sore!!



Wonder if this stuff explodes?



But I know that drug
is on order!!



Soups On!



How many grams of apple is equal
to 180 grams of orange juice?

Rough night Doctor?



One applies a compress thus!?

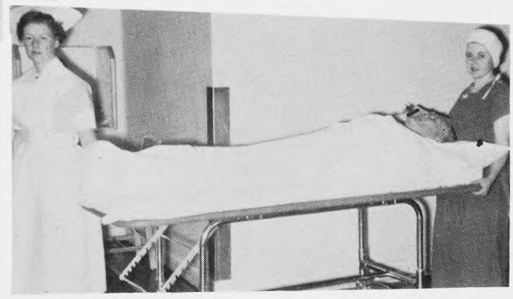


What are you doing to that "Poor" man Scheuerman?!

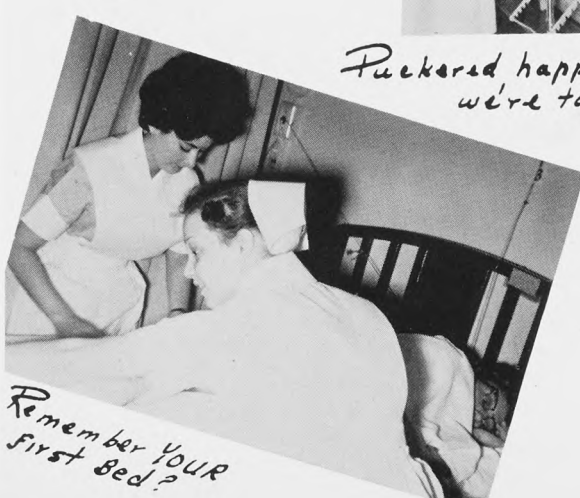


But I don't want to go for a walk!

Ah come on—just ONE more bite!



Puckered happily—guess where we're taking him?!



Remember your first bed?



ONE-TWO-THREE ALL TOGETHER HEAVE!

Your sure he isn't
fasting now??



Die when I mugs I want it said of me,
by those who know me best,
that I plucked a thistle and planted
a flower where I thought a flower
would grow. (Abraham Lincoln)



Revenge
Sweet
Revenge!



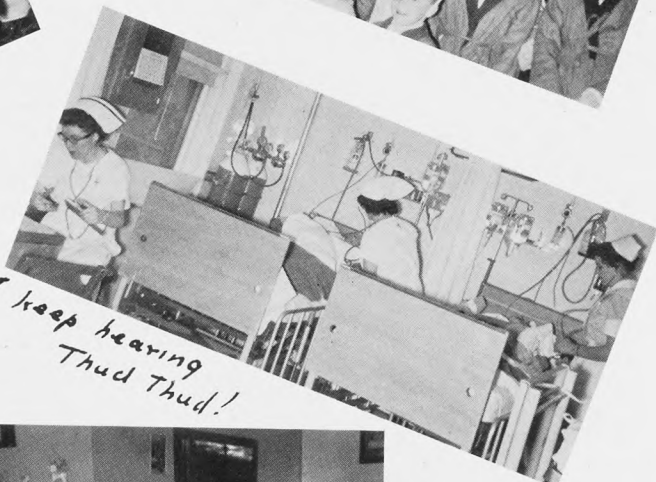
Smile pretty Mr. Bunny!



Please don't
cry baby!



Eat your ice cream now
Rudolph!



I keep hearing
Thud Thud!



Boy was that birthday
cake good!



Such concentration!!

AFFILIATIONS
and
MORE SPECIALITIES



THE CALGARY CANCER CLINIC!



Hudson Bay
Health Office!



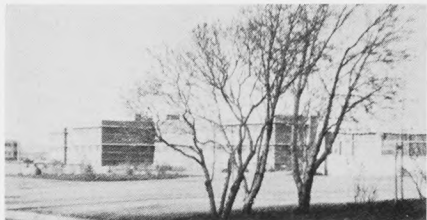
CALGARY ASSOCIATE
CLINIC!



The Operating Room!



Ronoka Mental Hospital!



Oliver Mental Hospital!



Maternity Nursing



"T.S.O."

Missing Affiliations:

- Baker Memorial Sanatorium
- Calgary Crippled Children's Hospital
- U.O.N.

Early to bed,
Early to rise,
And you miss ALL
the interesting people!

Bacteria'll Get You If You
Don't Watch Out

Wise old Auntie Maggie's come to our house to stay,
To nurse, an' help with cleanin', and chase the germs away,
An' disinfect the dishes, an' deodorize the sink,
An' use a good detergent that cuts grease in a wink;
She washes all us children, an' when the scrubbin's done,
The soap can't be too caustic, for that would spoil her fun.
We listen to the germ tales that Auntie tells about,
An' the BACTERIA that git you

If You Don't Watch Out.

Once't they was a little boy wouldn't was his hands,
But collected all the microbes that stroll about in bands;
His Mammy spoke for Iysol, his Daddy, creolin,
They argued surface tension, but none of that for him.
He didn't believe in phenol, an' jeered at peroxide,
So Staphylococcus aureus got him, an' he up an' died!
An' the BACTERIA'll git you

If You Don't Watch Out!

(Sister M. Maurice Whalen)

Now where are you com
from Miss Riou ?? Ah

Real honest ole' fashion brewed coffee girls!

Prevention is better than treatment!
At least in this case!!

Team system!



HA VIN-N-N-N!!



Hm- my own burnt food sure tastes good- food sure



Hey- who let the man in the residence Wiley?



♪ "We're graduating in the morning" - Don't look so unhappy Barrett!



Hey- who took my hotdog?!



Wow- look at those tibias and fibulas- girls really they're learning how to dance



We're off for the wilderness (in Caley) Sept '62



An evening "in"



A quiet? late night party!



Quick you guys- here she comes!

Free without something new!?

Can You

Falaseoni with a 21 inch waist line?



Girdling sleeping in?

Imagine This?



Standish at a dance?

C. Wamheke without gum?

Gordon going to bed AFTER nine?



Camster without hulu?



Boychuk smiling?

Moir without a date

MacDonald not going to Edmonton every chance she gets?

Longman with a TAN?



Stolen on a redacting diet?

Bestmeck with an untidy room?

Harwood not going home on a day off?



White not raising her left eyebrow?



Shurman living in the city?

Swan hurrying to be on time?



Patterson going out with anyone but Don?

McNeil lost for words?



Cook making a 2 minute phone call?

K. Crawford failing an exam?

Colpitts without a 12 o'clock late leave?

Egar losing the relay?



Kondo in Clark's uniform?

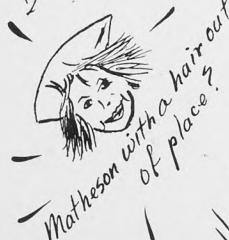


Hourhand doing the cha-cha the right way?

Bonogofsky without a room full of girls?

Stemack without a problem?

Gibson going far away ride with Don?



Matheson with a hair out of place?

Houston without music?



Atkinson without a paint brush?

Unike getting up early in the mornings?

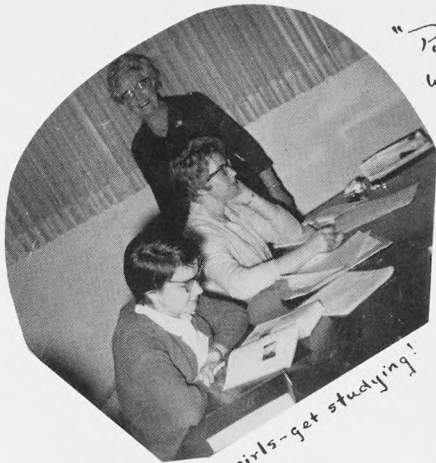


Cotton with ringlets?

A champagne party in Room 314?



Thomas forgetting to do her daily exercises?



Now girls-get studying!

Put on your white bibs and aprons
With your gold cross upon it!



Mrs. Foley - I locked myself
out of my room!



You didn't REALLY make that whole pie
did you Sister?!



Cha- Cha- Cha!



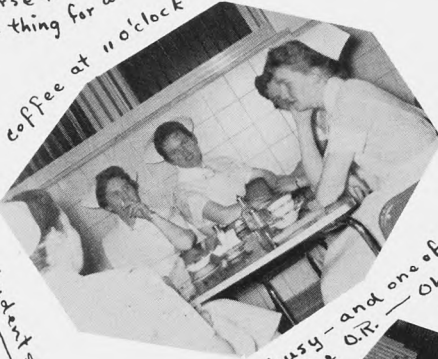
That student nurse look in hair is
just the thing for us!



That Feb. 6 class living it up AGAIN!



Those are exams Mrs. Cambell has there girls!



coffee at 11 o'clock

Memo to the student:-
"Early to bed, early to rise -
And you miss all the interesting
People - darn!"

Were we ever busy - and one of my patients
just went to the O.R. - Oh you'll really
have fun tonight!!



Everybody has a baby that's
why we have Zeibart

Would you take a call on - 23 please.
(as if we wouldn't!)

*The party of
Sixth floor appliances!*



Study much?

THE GUY IN THE GLASS

When you get what you want in your struggle for self
And the world makes you King for a day,
Then go to the mirror and look at yourself,
And see what that guy has to say.

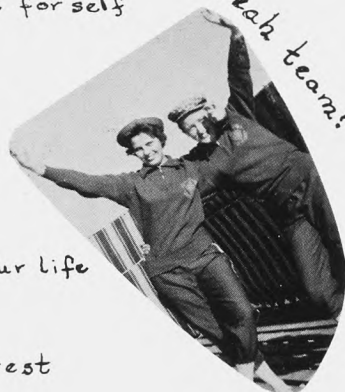
For it isn't your father, or mother, or wife
Who judgment upon you must pass.
The fellow whose verdict counts most in your life
Is the guy staring back from the glass.

He's the feller to please, never mind all the rest
For he's with you clear up to the end.
And you've passed your most dangerous, difficult test
If the guy in the glass is your friend

You may be like Jack Horner and "Ghisel" a plum,
And think you're a wonderful guy,
But the man in the glass says you're only a bum
If you can't look him straight in the eye

You can flog the whole world down the pathway of years
And get pats on the back as you pass,
But your final reward will be heartaches and tears
If you've cheated the guy in the glass. (Dale Wimbro)

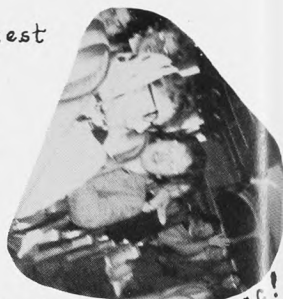
Yeah team!



She bites!



South bound?



We're off!



My first needle!!



Who told that funny?!

GROUP

The more we get together the happier we'll Be

ACTIVITIES



Mardi Gras

What's for food this home night?



Coffee tea or milk!



Trick or treat!



It's a boy!

SNA Talent Show



Oh Shelly you slay me!



Fair Juliet?



LaLa-ara



6th floor did it again!



"You start first THEN I'll sing OK?"

I saw Mommy Kissing Santa Claus (what were you doing up at 11:30 hour?)



Christmas



Concert

"For unto you this day is born —"

REMEMBER

WHEN??!



Basil—who



put their head through the case room light??!



gave a "soluoplast" backrub!

Boy chuk went to see about working Nights on St. Joseph!

Bernie as a Beatnik?

In the D.K. Ziebart—you made



such lovely tossed salads!



Ran for the mask in the case room??

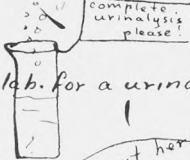
Gibson didn't wear gloves to irrigate a Colostomy!?

Not a hole in the ceiling Clarke!?

Sanderman pulled the wrong string in the O.R.

Houston lost a boy friend and gained a fiance!

Wilson took sapoderm to the lab. for a urinalysis!



Main fell at Dr. Diggins feet!



Cut her HAND washing dishes?!

White got her bongos cha-cha-cha!!

Colpitts—you didn't try to flush a urinal down the bedpan sterilizer?!



Poor Standish—

MacDonald cut her hair?!



Poor Skelmack—always hanging into trees!!

Who else but Wambete would get chicken pox at a time like that!



Girling mistook a doctor for an expectant father!!



Isolation—Please wear gown and mask

Banister went into isolation?—eh Mrs. Gourlay?

When George Enahat phoned!



Longman bought a ukulele!



Skarzynski Fell out of bed on her alarm clock!



Gordon didn't have a nickel for the phone Pulliser!!



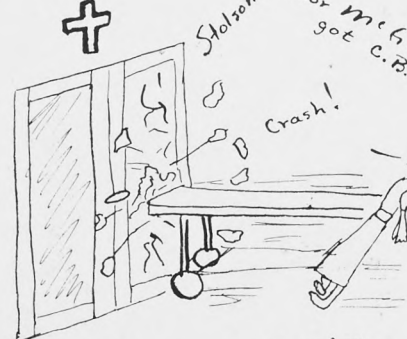
lost her memory!



Houshan—use Sirtan?

Oh—Patterson—you didn't!

Not the "cadillac" through the chapel door!!



disposed of a diabetic specimen for Dr. Jennings!!



Hurray!!

Harwood finished her tablecloth!!



Matheson catheterized a patient for residual BEFORE the patient voided!

Thompson ate some peanuts!

Crawford led the Chipmunks in "SONG"

Shorlock scratched her nose AFTER she "scrubbed in"!



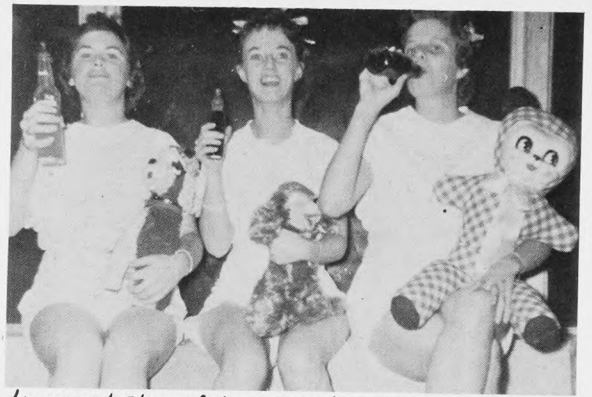
Broke her glasses?!

General Hospital ahead



Picture that Didn't Make the Yearbook and why!

CENSORED!

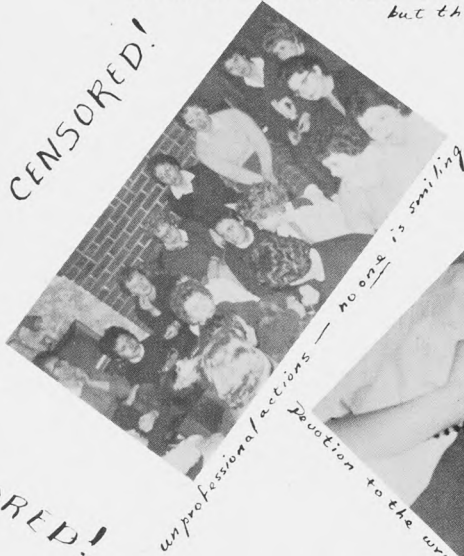


Immoral show of lower extremities — but they are shapely!!!



Unprofessional actions — you're all smiling!

CENSORED!



unprofessional actions — no one is smiling



Devotion to the wrong kind of duty Shannon!!

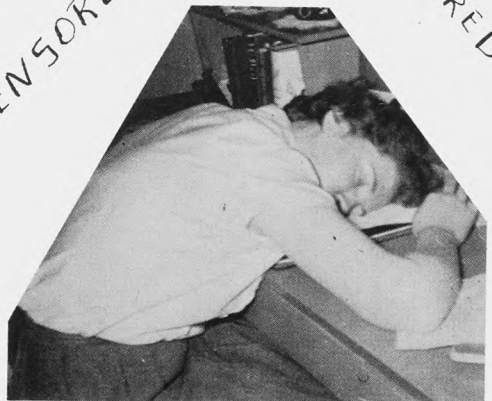
CENSORED!



Unprofessional choice of dress — at night???

CENSORED!

CENSORED!



Unprofessional attitude to sleep through STUDY Quinn

Pictures are golden memories in print
Which in our minds may be covered with lint.
The good times, the joys that we all shared,
The laughs and the tears that we all beared.
We will travel through years never thinking of them
Until one day we are quizzed by some friend;
"Wasn't that funny" — or — "do you remember this?"
But their true significance you may miss!
Until from a book that you've placed on a shelf
You remove it, and look at the pictures yourself.
There's a picture of us during one of our plays —
Now those were the real good ole' days.
And then there's one — wonder what was the event?
Just sitting around — can't remember what it meant!
And there's another — its classed as "not nice"
Its immoral they say — but it added some spice!
I can remember those times when the picture shows action,
But still pictures I remember a very small fraction
Of what was going on — or the things we celebrated,
Or the "unprofessional actions" as it was always stated!
To others they mean nothing and so I rack my brain
To try and bring back that old feeling again.
To remember those things at the time was such fun,
But the years as they pass — well it just can't be done.
So remember my friend that a picture should tell much
Of what you were thinking — and doing and such!
(mw.)

Lamplighter

Staff of 1960



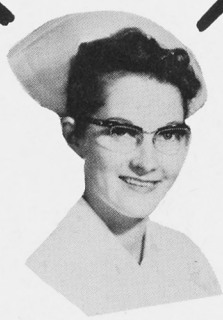
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We gratefully acknowledge the kind co-operation
of the students, the hospital and its staff,
and all the other nursing experiences
illustrated in this book.

"The Lamplighter Staff."

AUTOGRAPHS







